

ABSTRACT OF THE DISCLOSURE

The invention provides an optical recording material employing chalcogenide glass which can achieve high-capacity optical recording. The optical recording material comprises chalcogenide glass having metal particles dispersed therein. In the optical recording material, irradiation of light results in light doping of the metal particles, producing a change in the optical properties of the optical recording material, and recording is thus accomplished by the difference in properties. The optical recording material has high transmittance for the recording light, and is therefore capable of multilayer recording wherein multiple recordings are performed in the direction of depth and multiplex recording by hologram recording, so that high-capacity recording can be achieved.